

## **Product Spotlight:** Sorghum

Sorghum is high in protein and fibre, and low in fat. Not just a food resource, it is one of the most important cereal crops worldwide and is also used in the production of biofuels.

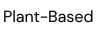
# Winter Harissa Tagine K4

# with Toasted Almonds

A flavourful spiced tagine with root vegetables and green olives served over pearls of sorghum finished with toasted almonds and fresh dill.









You can use ground turmeric, paprika or coriander in this dish to enhance the Moroccan flavours. You could also add saffron if you have some.

#### FROM YOUR BOX

SORGHUM	200g
RED ONION	1
CARROT	1
SWEET POTATOES	600g
CHERRY TOMATOES	1 bag (400g)
HARISSA PASTE	2 sachets
FLAKED ALMONDS	1 packet (60g)
SICILIAN OLIVES	1 tub
DILL	1 packet



### **1. COOK THE SORGHUM**

Place sorghum in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



# 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **3 tbsp olive oil**. Slice onion and carrot. Dice sweet potatoes (2-3cm) and halve tomatoes. Add all to pan as you go along with **1 tbsp cumin**. Cook for 2 minutes until fragrant.



### **3. SIMMER THE TAGINE**

Stir in harissa paste and crumble in **1 stock cube** (see notes). Pour in **3 cups water** and stir to combine. Cover and simmer for 20-25 minutes or until vegetables are tender.

#### FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, 1 stock cube

#### **KEY UTENSILS**

large frypan with lid, saucepan, small frypan

#### NOTES

If you prefer a milder dish you can use half the harissa paste and an extra 1 tbsp cumin instead.

You can add some tinned legumes like chickpeas or cannellini beans to this dish if desired!



## **4. TOAST THE ALMONDS**

Add flaked almonds to a dry frypan. Toast for 3-4 minutes until golden. Set aside.



## **5. STIR THROUGH OLIVES**

Rinse olives and stir through tagine. Season to taste with **salt and pepper**.



### **6. FINISH AND SERVE**

Divide sorghum and tagine among shallow bowls. Garnish with picked dill fronds and flaked almonds.

